

## Filling in MyPyramid Outline

- Copy of MyPyramid for Kids
- Coloring Pencils - Orange, Green, Red, Blue, Purple, Yellow, Black
- Learning Zones - MyPyramid.gov Steps to a Healthier You with calorie table on back
- Fill out the following information on the handout:
  - Name
  - Fill in colors of food groups and name food groups
  - Using chart find your calorie level, write it under your name
  - Fill in number of servings for each food group according to your calorie level
  - Write in your activity level at bottom of steps
  - Fill in steps with exercise you like to do